

FOOD FORUM

DOROTHY JOHNSON

SERVING NUTRITIOUS BANANAS

Friar Thomas de Berlanga, brought banana root stocks from Spain to Columbus in the West Indies, where most of our bananas come from. We have learned to make wide and ingenious use of nourishing bananas to fit any meal. For breakfast you can cut up bananas into cereals, or over pancakes. You can combine them with other fruit, put them in cold milk with other fruit, for milk shakes. Banana shakes make wholesome snacks for breakfast or after school treats.

Using bananas to make dips is a fascinating idea. You can add curry or other spices to give the dip an oriental flair.

Bananas have served as an accompaniment for meat as long as man has known them. In the United States bananas were widely available in the late 19th century. Southern tables served their famous banana fritters with meats or as desserts. Southerners have extolled the virtues of banana muffins and bread and will be quick to scold you if you don't serve the bread sliced thin.

Banana flambe is another example of a simple, yet glamorous dessert. You can use 90 to 100 proof rum or liqueur to flavor and ignite the bananas. If you have a chafing dish you can give your guests an exciting show by doing the flaming at the table.

BANANA DIP

1 (8 oz.) pkg. cream cheese
1/4 cup milk
1/2 tsp. curry
1 Tbsp. dry sherry
3 Tbsps. chopped chutney
1 cup diced ripe bananas
Chopped toasted almonds or toasted coconut

Blend together softened cream cheese, milk and sherry until light and fluffy. Add curry powder and chutney. Fold in diced bananas, sprinkle with almonds. Serve with fruit pieces or crackers. -- Makes 2 cups dip.

BANANAS FLAMBE AU RHUM

1/2 cup butter or margarine
1 cup brown sugar packed
1 tsp. grated orange peel
6 Tbsps. dark rum
4 firm bananas
1 qt. Vanilla ice cream, optional

Melt butter in skillet and stir in brown sugar, orange peel and 2 Tbsps. rum. Bring to a boil in blazer pan of chafing dish, then simmer 8 to 10 minutes. Slice bananas into sauce and simmer 5 minutes or until bananas are tender. Pour remaining 4 Tbsps. rum over sauce and ignite. Serve flaming over ice cream if wished. Makes 6 servings.

BANANA MEAT LOAF

1 lb. ground beef or lamb
1 Tbsp chopped onion
1 clove garlic, minced
1 tsp. salt
1/4 tsp. pepper
1 cup soft bread crumbs
1 cup mashed bananas
2 Tbsps. prepared mustard
dash of worcestershire

Combine, meat, onion, garlic, salt and pepper. Combine bananas mustard and worcestershire sauce and add to the meat mixture. Mix well. Pack into a loaf pan and bake 350 degrees for one hour. Makes 6 servings.

BANANA RELISH

1 cup sugar
1/4 cup lemon juice
salt
pepper
2 to 3 bananas

Combine sugar, lemon juice, salt and pepper to taste in saucepan; bring to a boil, then simmer 5 minutes. Peel and slice banana into syrup, stirring constantly. Reduce heat and simmer 15 to 20 minutes or until relish thickens. Keep refrigerated in a covered jar. Serve with poultry, ham or pork.

REDDY KILOWATT'S

Helpful Hints
For The Homemakers

CLEANING TIPS FOR COOKWARE



PORCELAIN: The color revolution in porcelain enamel cookware is here. The modern colorful pieces are a far cry from Grandma's old enamelware. To keep modern porcelain enamel cookware looking its best, guard against sharp blows and sudden temperature changes. Never allow utensils to boil dry. If food burns on, soak in detergent or baking soda and water. A gentle scouring powder may be used.

HEAT-RESISTANT GLASS: for top-of-the-range and oven use should be cleaned like the porcelain. Avoid sudden temperature changes, protect from sharp blows, let utensils soak clean rather than use harsh abrasives which will scratch.

STAINLESS COOKWARE: May be permanently discolored from high heat, so do not let a pan boil dry. Too vigorous scrubbing can cause scratches. For difficult burned-on food, add two tablespoons of baking soda to a quart of water in the pan and bring to a boil, then let soak. Repeat if necessary.

ALUMINUM: Can be cleaned best with a soap-filled pad; soaking in a strong detergent may pit or discolor it. Aluminum also turns dark from alkaline foods and hard water. To turn it bright again, cook an acid food - such as tomatoes - in the pan, or add 2 tablespoons of cream of tartar to a quart of water in the utensil and bring to a boil.

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VA Question And Answers

Q -- I am a Vietnam serviceman hospitalized pending discharge. I recently applied for vocational rehabilitation, and understand I will be rated for service-connected disabilities by the VA before I am discharged. Will this rating set the one year period that I will have to apply for service disabled veterans' insurance?

A -- No. The one year allowed for applying for service-disabled veterans insurance begins with the date of the first notice of disability rating sent to you by VA after discharge.

Q -- Are there any income and credit requirements a veteran must meet in obtaining a VA loan for a mobile home?

A -- No, there is no set income requirement. The terms of repayment of the loan, however, must bear a proper relationship to the veteran's or serviceman's present and anticipated income and expenses, and he must be a satisfactory credit risk.

Q -- May a veteran who is receiving compensation from the VA arrange to pay a policy loan on his National Service Life Insurance out of this monthly benefit?

A -- Yes. It is a most convenient and relatively painless way to accomplish this repayment. VA Form 29-888, Insurance Deduction Authorization, available from any VA office, should be completed and sent to the office which has your insurance records.